

**Name of Activity:** Vegetable Munchers  
**Academic Content:** Health  
**Purpose of Activity:** To encourage children to eat healthful foods. In addition, this activity helps students distinguish between anytime and sometime foods.

**Prerequisites:** Review the anytime and sometimes foods that we eat each day. Review the different pathways (i.e. zig zag, curved, straight) and levels (i.e. high, medium, low) to be used.



**Suggested Grade Level:** K-2

**Materials Needed:** Laminated cards with different foods on each card (sometimes and anytime foods), one jump rope for each student. Sets of food models can be purchased from Western Dairy Council at <http://wdairycouncil.com>. These are life-size cardboard photographs of 185 commonly eaten foods, in portion sizes. The backs of the cards contain nutrient information.

**Physical Activity:** Traveling in different pathways and levels

### Description of Idea

Scatter the cards around the gym throughout the general space. Turn them upside down so the foods can't be seen. Have each child begin at any card with a jump rope in hand. Turn the card over and if the child thinks it is an **"anytime"** food, then they pick it up and move on a high level to another card.

If it is a **"sometimes"** food, then the student needs to be "frozen" on a low level until another student tags them. Before they can be freed they must name an **"anytime"** food in the same food group as the food they picked up that was a **"sometimes"** food and they must move to another food by jumping rope to make themselves healthy and to get to their new food. While the students are moving, the teacher will call out a specific pathway (straight, curved, zig-zag), level (low, medium, high), or direction (forward, backwards, sideways) for the students to move in every few minutes.

### **Variations:**

Have older students explain why the food is a sometimes food and what

would be an anytime food replacement. Ask the students to explain what ingredients help determine a food that is a sometimes food. Older students could also all the skill of dribbling while they move.

Lesson from <http://www.pecentral.com/lessonideas/PrintLesson.asp?ID=1136>